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HEALTH-EXERCISE:
THE RATIONALE AND PRACTICE
OF THE
LIFTING-CURE
OR HEALTH LIFT.

BY

LEWIS G. JANES,
PHYSICIAN AND INSTRUCTOR AT CURE.

"Habitual exercise is the cause and condition of that vital renovation of parts which is the source and measure of constitutional vigor."—YOUNG.

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FIFTH REVISED EDITION.  
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NEW YORK:

LEWIS G. JANES & CO., NOS. 120, 214, 346, & 830 BROADWAY.

BROOKLYN: NO. 280 FULTON STREET.

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PREFACE.

THE author begs leave to announce that, having had four years' experience in the application of the Lifting-Cure, first as an Instructor at Dr. Butler's Establishment, Boston, and afterwards having personally introduced it at No. 830 Broadway, the original establishment in New York, as Agent of Dr. Butler, it is only necessary to assure the public that the institutions in which he is interested will continue, as they have been, in the charge of competent, educated instructors. Our Ladies' Department is superintended by an educated lady physician, formerly a pupil of Dr. Butler. Both departments in Brooklyn are in charge of instructors from Dr. Butler's classes, and the gentleman who instructs at Moffat Building was educated at our rooms. Our apparatus involves the latest improvements not heretofore introduced. The public may rely on careful, judicious treatment in all our departments.

LEWIS G. JANES.

HEALTH-EXERCISE.

INTRODUCTORY.

THE Medical Profession has long recognized the remedial influence of proper exercise, as well as its invaluable agency in preventing disease, and various expedients have been devised and prescribed to secure its benefits. Pedestrianism, the Gymnasium, Horseback riding, Rowing, Calisthenics and the Movement Cure have each had their day, and are still resorted to, serving a good purpose, no doubt, as an aid to the development and use of the *vis medicatrix naturae*.

I propose briefly to present the claims of BUTLER'S LIFTING CURE, as a safer, more complete and more economical system of exercise than any other, commending itself particularly to the medical profession as an exercise *requiring little time*, admitting of *accurate prescription* to patients, fulfilling all the conditions of well-directed physical training, with safety from over-exertion and injury.

Unconnected with other questionable appliances or methods of treatment, it respectfully courts the investigation of all physicians who would have within reach, an exercise which they can recommend, without fear of interference with their line of practice in other directions. No longer a subject of experiment, but illustrated by more than a thousand living demonstrations of its beneficial and curative effects, endorsed by many eminent physicians and teachers in all branches of the

medical profession, the Lifting Cure yet makes its strongest appeal no less to the common sense of the practical man and woman in every walk of life, who value *health* as the greatest of earthly blessings, than to the intelligent medical practitioner.

THE PHILOSOPHY OF THE LIFTING EXERCISE.

In presenting the claims of the Lifting Cure, we do not refer to that indiscriminate, careless straining at heavy weights, on rude and imperfect apparatus, for the mere object of lifting an immense number of pounds avoirdupois of cold iron. Ordinary lifting, where the action is not properly graduated to the movement and condition of the body, and where the object is an inordinate development of some portions of the muscular system, is undoubtedly injurious in its effects as it is crude and unpleasant in its operation. The public as yet know little of the beautiful apparatus and system of training which are comprised in the Lifting Cure of Dr. BUTLER, by which exercise becomes pleasure instead of drudgery, and results in the development of the interior vital forces instead of the external muscles. Against the prevailing muscle-mania of the day we desire to enter our protest—firm and decided. In place of “Muscular Christianity”—a religion of externals, we would posit a *vital* religion. We would cultivate strength upon the basis of health; a strength which can be applied as readily to mental as to physical exertion, and without which a clear and vigorous mentality is impossible.

The new science of physical development bases itself on these fundamental principles:

First—Perfect mental as well as physical manhood is conditioned upon a system of *physical culture* as complete, as perfect, as scientific as that bestowed upon our intellectual nature.

While our minds have been civilized by culture, our bodies yet remain savages, undeveloped by any adequate exercise of

their wonderful organs. As well claim the superiority of the savage life of the Indian or Hottentot, who seeks his only mental culture in thought given to the necessary labors of each day, as uphold the sufficiency of a like mode of physical culture. We have the most complete system of mental culture which the world has known in our graduated, harmonious method of education, through primary, grammar, and university school, leading the mind easily from step to step to a comprehension of its powers. We do not place before the student simply the practical problems of every-day life, but, more wisely, we select that course of study which shall result in *the most perfect mental discipline*, knowing that with the power fully developed, conscious of his intellectual manhood, he can seize and master circumstances as they occur. Have we builded as wisely in our physical education?

The necessity of *exercise* has indeed been recognized; but the scientific, graduated, and thorough *culture* of all the bodily powers has been almost totally neglected. Physicians and Hygienic teachers have recommended exercise very much as our good old New England grandmothers believed in eating, careless whether the material was pork, butter, pickles, or health-giving bread. The writer was brought up in a family where the latest thought on health subjects, in book, magazine, or vocal instruction, was ever at hand. During his student days, his exercise was chiefly *walking*—never less than four miles a day in the open air, often twice that distance, with a tramp of six or seven hundred miles and a month or two of open-air life in the summer. All this did not prevent him from falling into three years of invalid life, which rendered him unfit for either mental or physical labor. This prepared him to accept the principle that it is not so much *exercise* and *food* that we need as *proper* exercise and *healthful* food; and he was ready to accept another principle of the new method of health exercise, which is,

Second—A scientific system of physical culture develops the whole body *harmoniously*, which can only be accomplished through a single co-operative action.

The nearest attempt at harmonious physical development which we have had hitherto, has been through an application of a variety of exercises to different parts of the body to bring out deficient organs and increase the strength of those already developed, as illustrated by the light gymnastics of Dio Lewis, and the varied appliances of the pangymnastikon and ordinary gymnasium. This attempt to develop the body by piecemeal has been necessarily a failure. It implies a perfect knowledge on the part of pupil and instructor of every part of the human frame, and the application of the exact kind and amount of exercise to secure its appropriate use and development; thus requiring an almost infinite intelligence to render it successful. Applied usually in classes, alike to weak and strong, while some have been temporarily benefited others have been permanently injured. We do not refer to this in a spirit of captious criticism, but simply to show how these inevitable failures of the old systems are obviated by the new. In the co-operative effort of lifting, on suitable apparatus, we have not only a *systematic* exercise, but the whole body, from head to foot, internal as well as external, vital as well as muscular tissue, viscera, veins, arteries, and mind itself through the will, is brought into simultaneous and effective action. But the necessity of lifting *properly* to secure this result, leads us to consider another principle embodied in scientific exercise, which is,

Third—The exercise must be *properly graduated*; not only must *each effort* be gradually adapted to the body, but varying conditions of strength and health, of natural temperament and present condition, must always be observed.

The Lifting Cure, unlike any other form of exercise, may be *accurately prescribed*, thus enabling us to secure this essential

result. By the action of springs the weight is taken upon the body pound by pound, and as gradually relieves the muscular tension in the reverse action. There is less liability to strain or injury in lifting heavy weights in this way than in any other form of exercise, even with light weights, or simple mechanical movements without weights. There is little of that soreness of muscle or stiffness of joint which comes to the novice from all other physical exertion. Exercise becomes a pleasure. Effort alternated with rest results in a glow and sense of exhilaration that no one unacquainted with the method can comprehend without personal trial. And there is no unpleasant reaction. Stimulation is not followed by weariness, but power developed is retained, not used up by frequent repetitions of the same degree of effort. The graduation of weights enables all degrees of strength to find accommodation; and the strength is gradually developed and increased by addition from day to day. No invalid is so weak, if able to take an upright position, with or without assistance, and to go through a simple motion, that he cannot receive benefit and invigoration. By the increase of weight, an increase of will-power is necessitated, so that mind as well as body is interested, not in external objects, as in horseback riding or walking, but in the exercise itself. A new life pulsates through the weary arteries; congestion is removed, impurities are forced from the system. Each organ or part helps every other. Man is a democracy of organs; none so poor or weak as to be slighted with impunity.

This graduation of the weight to the body by springs and rubber cartilages secures the other fundamental condition of a scientific physical culture, which is,

Fourth—Interior or vital action and development must predominate over external or muscular development.

All the old systems of physical training tend to inordinate development of the extremities; of limb and external muscle.

Vitality is drained to supply muscular tissue. The citadel is emptied of force to man the out-works. Man is made "iron-clad without; weak, rotten, and undeveloped within." But in exercise with a properly constructed lifting apparatus the effort is slow and graduated, bringing into action not only the larger muscles, but the more minute, and the internal organs themselves. Here the action culminates in its perfection, and here the predominant development takes place. Years of proper lifting do not produce the deformity of large and excessively hard muscle which would result from a few months of ordinary gymnastic exercise. The blood courses freely from center to circumference, the capillaries are cleared, and a new life-force leaps into every part of the system.

The idea of *lifting* as an exercise may be repugnant to many, from a false conception of the position of the body and mode of action. It is usually connected in the mind with the idea of stooping, or bending the body in an unnatural and constrained position, and with an effort which would result in injurious strain or over-exertion. Nothing could be further from a true conception of this beautiful application of the laws of physical culture. To *lift heavy weights* is not the prime object of this treatment; but the action should always be graduated to the condition of the patient. We propose briefly to explain why proper lifting is the *most perfect exercise* for a human being, and how it aids in effecting a cure of chronic, acute, and organic diseases and deformities.

FIRST—ITS ADAPTABILITY TO THE BONY STRUCTURE.

Various forms of apparatus for lifting graduated weights have been in use, from the rude appliances of the ordinary gymnasium, the combination of scale-beam and yoke-lifting machine, the ordinary spiral spring machine, the side-lifting apparatus invented and used by Dr. BUTLER several years since, but now

used chiefly in Chicago and Cincinnati by parties who pay Dr. BUTLER a royalty for the privilege, to the greatly improved apparatus now in use at our establishments, which, from long experience and practical tests upon more than a thousand patients, I believe to be incomparably superior to any and all others.

A minute description, in detail, of the lifting apparatus is unnecessary to our purpose. It is sufficient to say that the principles of its action are essentially those which govern the actions of the human body. It comprises a substantial table, through the center of which passes a vertical rod on which the graduating weights rest, varied to the condition of the patient. Between every joint in the machine are inserted artificial cartilages of rubber. The weight is suspended on a line with the feet, upon a steel spring, by means of the continuous rod, which is surmounted by an eye or socket, containing a pivot-rest, on which the handle, a cross-bar, padded with buckskin or rubber, is pressed in lifting. Beneath the platform, on which the patient stands, is a series of semi-elliptical or spiral springs, which are depressed as the weight is taken upon the body. This combination of spring and rubber, with central rod and handle, which is covered by the Butler patent, adapts the action of the machine to that of the body, prevents all injurious strain, secures a co-operation of the smaller muscles and the internal organs in the effort, and is absolutely essential to the most perfect curative results.

In lifting, the entire body, from hips to head, including the spine and viscera, maintains, throughout, its normal, upright position, obeying the fundamental law that no action which compels the body to assume an unnatural, stooping posture, or any contortion whereby the viscera are disarranged from their natural condition of consecutive dependency, is allowable as a scientific method of health culture. The importance of maintaining this upright position of the body, even when at rest, can

hardly be over-estimated. Failure to do so is constantly resulting in visceral displacements, rupture, disturbed circulation, indigestion, and a large share of the ills which afflict humanity. The necessity of maintaining an upright posture *in action* must be even greater.

In lifting on this apparatus in this upright position the long bones of the limbs and the vertebral column are brought into proper relations for sustaining the greatest possible weight with safety. The *femur*, *tibia*, and *fibula*, the long bones of the leg, act as a column of levers in the direction of their greatest strength. The toes being turned well out and the knees bending outward, the *femurs* support each other in their pelvic sockets *like an arch*, the strongest mechanical position, instead of pressing backward and outward as in side and shoulder-lifting. The *vertebræ* act as a perpendicular column of levers, protected by their intervening cartilages, which are compressed and consolidated in their action instead of being separated, as in stooping, thus overcoming curvatures and deformities of the spine. Under the action of properly graduated weights, the spine is compelled to assume as nearly as possible a vertical position, which the muscular tensions, gradually increasing in power under the influence of the weights, tend to assist and render permanent. Ordinary lateral curvatures, double or single, rarely fail to yield to this treatment when properly applied. It has also proved effective in cases of inward curvature with breast deformities, stooping bodies, swollen joints, resulting from rheumatic or scrofulous affections, and many other similar cases. The long bones of the arm, the *humerus*, *ulna*, and *radius*, with the bones of the wrist and hand, one back and the other in front of the body, sustain the weight in the direction of their greatest strength, *in a central position beneath the body*, allowing proportionate exercise to the muscles and viscera of the front figure, instead of

giving a greater proportionate labor to the spine and muscles of the back, as in side and yoke-lifting. The point of suspension being as near the termination of the spine as possible, the weight is perfectly controlled, swaying with the body and bearing equally on every part, instead of allowing one side to lift more than the other, as is the liability of side-lifting. The strength of the hands is the measure of the power of raising weights, acting as a natural safeguard against over-exertion, the greater liability of shoulder-lifting. All the parts work harmoniously together, each sustaining its due proportion of labor, rendering the exercise perfectly safe, to the utmost limits of endurance, under a proper system of training.

SECONDLY—ITS ACTION ON THE EXTERNAL MUSCLES.

As with the bones, so also with the muscles. While the muscular is always rendered subordinate to the more important *vital* development and action, under The Lifting Cure, no other method of exercise gives the *muscular* system an action so complete and harmonious, calling, as it evidently does, upon forces of the entire body, from head to foot, in a simultaneous and effective effort.

Dr. Butler may well claim that, with his apparatus, *every muscle* of the body receives its appropriate share of exercise; for it is by no means uncommon for patients to perceive the muscular contraction upon the neck, face, scalp and ears, as well as the parts in more immediate approximation to the weight.

Nearly all the large muscles are acted upon *in the direction of their greatest length*, as are many of the smaller ones. Thus, the muscular coating of every minute vein and artery is compressed, with powerful and beneficial effect upon the *circulation*, as will be seen hereafter. The abdominal muscles, contracting

most powerfully, not only enable patients afflicted with *hernia* to exercise with perfect safety, but we have actually *cured* inguinal hernia, so that the patient has laid aside the truss after using it many years. There is not only no danger of injurious strain or rupture in proper lifting, but it furnishes the most hopeful prospect of an entire relief. So also, in cases of excessive abdominal deposit of adipose tissue, the tendency is always to solidify the flesh, and restore the natural proportions.

This powerful coöperative pressure of the external muscles upon the *viscera*, produces a mechanical action of those organs, more complete and effective than can possibly be derived from any partial or special application of exercise. This will be further demonstrated hereafter.

The fact that the entire muscular system is thus completely and thoroughly exercised *in a few minutes, without fatigue*, renders the Lifting Cure the briefest and most economical exercise for our business men, professional men, students, and all persons of sedentary habits, who are suffering from dyspepsia, nervousness, debility, and the long train of attendant ills, and who are debarred from ordinary exercise for *want of time*. It is also the surest *preventive* of these difficulties.

Rheumatism and all diseases of the muscular tissue here find their appropriate relief. The muscular power thus gained, is available, not only in lifting weights, but in whatever direction its exercise may be called forth.

Contrary, perhaps, to the ordinary opinion, the lifting of heavy weights, under a proper system of training upon this apparatus, does not tend to stiffen or harden the muscles. Much of the stiffness of joint and muscle which results from misdirected exercise is due to the production of continued impressions upon the muscular and bony system while in abnormal or constrained positions. The Lifting Cure, which avoids

this action, and never results in abnormal muscular development, secures not only vital power, but a proper degree of suppleness.

THIRDLY—ITS EFFECT ON THE VISCERA.

The chief value of the Lifting Cure as a remedial agent does not depend upon the exercise which it furnishes to the external muscles. A large proportion of the maladies which afflict humanity, and that, too, most dangerous to life and destructive to health, has its seat in the *viscera*—the internal or *vital organs* of the body.

Dr. E. P. Banning, in a recent work, lays down the following “fundamental propositions,” among others, concerning the visceral status :

“The normal status of the weighty, lengthy, fragile, and irritable viscera, consists mainly in their being maintained *in the ascendant by their surrounding elastic abdominal walls*, in opposition to the state of consecutive dependency from their ligamentous attachments.

“In proportion as the body is erect, *and the abdominal and dorsal tissues energetic*, will this primary ascendant position be steadily maintained.

* * * “In proportion as these supporting tissues relax from any cause, there must ensue a corresponding change in the visceral status ; they must lose their altitude, compactness, and support, and assume a loose, dangling, and elongated condition. In other words, a *lineal dislocation* is induced, involving a train of both physical and functional derangements, such as a solid common sense might clearly foretell.”

What is more evident than that only a *proper exercise* of these abdominal walls, with an upright posture of the body, and a vital invigoration of the viscera themselves, can permanently restore them to their natural position and re-invigorate

their tissues? To this natural method of treatment, alike indicated by a "solid common sense," we invite all thus afflicted.

The position of the body brings all the internal organs as nearly as possible into their proper relations, and by perseverance ultimately in a permanent and effectual cure. Inguinal hernia or rupture is thus relieved by the compressing, contractile action of the abdominal muscles, which are consolidated instead of separated, tending to restore the parts to their proper positions and retain them there, by giving tone and vigor to them and their adjacent muscles.

Admitting the temporary convenience and occasional necessity of artificial and external support to the displaced organs, it is none the less evident that *permanent power* and *entire relief* can only be obtained by a graduated and appropriate exercise of the affected parts, in harmony with the entire body. Proper lifting can alone furnish the action desired.

It is a well-known physiological fact, that each organ has its proper *action*; hence, its *nerves*,—avenues for conveying the vital forces,—and its *muscular tissue*, which, by its power of expansion and contraction, furnishes the medium for this action. These organs are connected, directly and indirectly, with the external muscular tissue by *muscular attachments*. Thus, when the external muscles are brought into powerful, coöperative action, as in lifting slowly, properly graduated weights, not only the exterior tissue, but *the vital organs themselves*, receive their appropriate share of the exercise, and as really aid in lifting as the *biceps* or *rectus*. Thus, in lifting in a natural position, the strength of the human being, like that of a chain sustaining a weight, is tested by the strength of its *weakest link or part*; whether it be the hand, the leg, the spine, the liver, or the kidneys. Thus, also, the Lifting Cure becomes invaluable in the diagnosis of disease, unerringly indicating the weak or affected part.

The unnatural postures which many of the occupations of life are apt to induce, as bending over books and sewing-machines, bring the body into injurious and constraining positions, and are themselves sometimes sufficient to cause serious disease. The Lifting Cure, on the contrary, causing the body to assume its normal, upright posture, the external muscles aiding the weaker viscera in regaining their natural places, and the viscera themselves gaining strength by gentle and appropriate exercise, furnishes the most complete and effective cure for *prolapsus uteri* and all visceral displacements, by whatever cause induced.

As a matter of fact, we have met with remarkable success in treating this class of cases, when all the ordinary remedies had failed to produce relief. In the most serious cases, where walking and the ordinary forms of exercise would be impossible, our treatment is safe and sure.

FOURTHLY—ITS EFFECT ON THE CIRCULATION.

The action thus described upon the muscular and vital systems, reinvigorates the frame through its influence on the circulation.

Proper *nutrition* is essential to the preservation of health, and an indispensable element in the cure of disease. To secure it, it is necessary, 1st, to supply the system with wholesome food in proper quantities; 2d, to give strength and well-regulated action to the organs of the body, thus securing a healthy circulation of the blood. However healthful the food, unless the organs are powerful and healthy, it cannot be properly digested or assimilated.

Defective circulation, if not a cause, is an accompaniment to nearly all forms of chronic or acute disease; and if we can secure, through the medium of exercise, a uniformly healthy action and circulation of the blood, we strike at the root of the

difficulty and must accomplish its cure. The external symptoms are but the effort of Nature to accomplish this object. If we can aid her by freeing the channels from impurities, and cause the vital tide to flow unobstructed through every part, we furnish the means of most speedy relief. This the Lifting Cure most certainly accomplishes. As it gives to every part its proper share of exercise, its first effect is equalization. This influence of exercise obtained through the Lifting Cure, on the circulation and vital processes, and which no other exercise gives in so great perfection, has been so well summed up by Dr. Wm. Jay Youmans in his work on Physiology and Hygiene,* that I transcribe an extract from its pages.

“EFFECTS OF REGULATED EXERCISE.—All those vital processes which are essential to life, as digestion, *circulation*, respiration, secretion, are carried on independently of the will, and give rise to a large and constant amount of activity in the system. But labor and exercise are performed by calling into action an additional system of agencies—those of the voluntary muscles—and to maintain these in a state of activity, involves an extra requisition upon the various involuntary organs. As the materials of the body are derived from the substance of food, so all vital power is derived from the force stored up in the food. Organic matter is in a state of molecular tension, and, when decomposed, these tensions are given out in the form of physical forces. Food is organic matter, suited to undergo assimilation, and then to give out its molecular tensions in various forms, as animal heat, *muscular power*.”

Mark well the bearing of the following paragraph on our subject: “It follows, that in work, or exercise, *the voluntary muscular system draws upon the involuntary functions for its*

* Elements of Physiology and Hygiene. Huxley & Youmans. New York: D. Appleton & Co.

supply of energy; and hence, IN PROPORTION TO THE FORCE EXPENDED, IS THE GENERAL EXALTATION OF THE VITAL PROCESSES."

The Lifting Cure produces preëminently this vital exaltation and action *without exhaustion*, instead of calling out muscular energy at the *expense* of the vital, as do other long continued and more violent exercises.

To quote again from Dr. Youmans, "As the circulation ministers immediately to all the functions, its energy rises and falls with their activity. *Exercise* increases the movements of the heart in both force and frequency, and accelerates the flow of blood through all parts of the body. The circulation is also aided by the contraction of the voluntary muscles, which by pressing on the walls of the veins, tends to force along the current of blood. Moreover, this increased activity of the circulation meets the increased demand of the muscles for new material, to renew the disintegrated structures; and it also speedily effects the removal of waste products, by rapidly transferring them to the proper eliminating organs. Thus, the complex stream from which the nutritive materials are constantly drawn, and into which waste matters are constantly poured, is directly affected both in its composition and rate of movement, by the state of action of the voluntary muscles.

"Exercise, also, it is well known, heightens the calorifying functions. It is through the increased activity of the circulation that the body is warmed by exercise."

These beneficial effects, which are partially and imperfectly obtained from ordinary exercise, are obtained more perfectly and completely from the coöperative effort of lifting. Instead of causing a congestion of the large arteries, with injurious effect upon the brain, as is sometimes the result of misdirected exertion, the Lifting Cure increases chiefly the *capillary action*, clearing out the impurities which may have been lodged in the

various ramifications of the venous and arterial network, and causing a delightful glow and exhilaration to the patient. It is wonderful to observe the potent influence of this treatment upon the skin and complexion. If yellow with jaundice or bile, overburdened with effete matters and obstructions, it shortly becomes clear and beautiful, acquiring the natural glow of health.

The influence of the Lifting Exercise upon all disorders arising from congestion, defective or unequal circulation is very marked. Congestive or nervous headaches are usually relieved by a single exercise, and where they have become chronic, are permanently cured by a proper course of this treatment. Many marked cases of this kind, even in persons well advanced in years, have come under my observation, and my own experience furnishes additional testimony to the relief furnished in these cases. Many acute pains in other portions of the system, of which congestion is the immediate cause, are relieved by the lifting, and, in process of time, their *cause* being removed, they return no more. The Lifting Cure also tends to prevent *hemorrhage* in cases of consumption and other weaknesses. Hemorrhage is always preceded by local weakness and congestion. If, by equalization, we can remove the congestion, and, at the same time, strengthen the weak parts, it is evident that the liability to a rupture of the part is greatly lessened. Thus, in many cases where local or excessive action would endanger an aggravation of unfavorable symptoms, the general action of a properly graduated lifting exercise will relieve and finally cure. Cold hands and feet, and torpid conditions of the vital organs, obstructing their healthy action, which are caused by defective circulation, here find their most appropriate remedy and a sure relief. Congestion of the liver, where other treatment had failed, and the life of the patient had been despaired of, has been cured.

FIFTHLY--ITS EFFECT UPON THE BRAIN, THE NERVOUS SYSTEM AND THE MIND.

Even more potent than the action of the Lifting Cure on the muscles, the viscera and the circulation, is its effect upon the brain and nervous system. To this influence, in a large measure, is its curative value due. Dr. Butler's remarks, in his work on "The Lifting Cure," upon this effect of the exercise have been somewhat criticised, and the possibility of its producing a marked influence on the brain and mind has been denied. Hence it may be well to note here the words of Dr. Youmans on the connection of body, brain and mind, which, it will be seen, completely support the position of Dr. Butler, and emphasize the importance of well-regulated exercise in securing healthy mental action.

"Nature," he says, "presents the problem, not of mind separate, but of mind and body bound up in a living unity, and the physiologist must take the question as he finds it."

Again: "It is now universally admitted that the brain is the grand nervous centre of thought and feeling—the *material instrument of the mind*, and that all mental actions are *accompanied and conditioned by physiological actions*. From the high complexity of composition of nervous matter, it is extremely unstable and prone to change. The brain is therefore not only, *like all other parts of the body*, subject to the double metamorphosis of waste and repair, but the transformations take place in this organ with more rapidity than in any other part of the system. * * * *If the cerebral circulation is lowered, mental activity is diminished; if accelerated, the mind's action is exalted.*"

Again: "It is important to note, not only that the mind and body are both governed by laws, but that they are to a great extent governed by the *same* laws. Whatever improves

the *physical qualities* of the brain, improves also the mind; whatever deteriorates the brain, impairs the mind. They have a *common development*, are equally increased in vigor, capacity and power *by judicious exercise*, and are alike injured by deficient or excessive effort. * * * As thus the mind is dependent upon the conditions of the brain, *while the brain is controlled by the bodily system*, we see how impossible it is to deal with the mental powers in a practical way without taking the material organization into account." * * * "As bodily and mental health depend in a great degree upon the same conditions, all that has been said concerning the sanitary influences which affect the corporeal system, has likewise its bearing upon health of mind."

It is well known that there is no cause of disease more powerful or more prevalent than derangement of the mental or nervous forces. A sudden shock, as when one unexpectedly hears of the death of a dear friend, will disturb the secretions, send the blood back from the extremities to the heart, and is sometimes of itself sufficient to cause serious physical disease. The severe strain upon the nervous system during the late war, the conflict and excitement of a population devoted to speculation and trade, are potent causes of disease, premature old age and death. Our lawyers and statesmen are struck down suddenly, in the prime of life, from over-mental exertion. How, then, shall we reverse this process, and use the nervous forces to reinvigorate and reconstruct the human being?

The Lifting Cure does this primarily through the concentrated, harmonious and powerful action of the *will*, through the *nerves*, upon the *muscular tissue*. All *action* originates in the brain, and is initiated through the action of the will on the nerves. In lifting properly graduated weights, increasing them slowly but surely from day to day, the will is constantly demanding increased action of the nervous forces, and they in their

turn transmit the errand to the muscular tissues. Were it not for this constant, unvarying connection between will and nerve, nerve and muscle, muscle and blood, we should seek in vain for any curative result, or, indeed, for any result whatever. In this too much neglected, too little comprehended department of nervous energy we find the tap-root of our tree of life. Here must our constant culture be applied.

It is found by long experience, that, if the mind fails to become interested in the treatment, if the patient wants confidence, and hesitates, the cure is more doubtful and its accomplishment is delayed. But here, also, is indicated the chief excellence of our treatment ;—that in calling on will and nerve-energy by ever increasing demands, and *never exhausting it by over action*, a harmony is finally established between nerve and muscle and circulation, that trinity which composes the physical being of the wonderful unit—MAN ; by which his fell enemy, Disease, is most surely conquered and overthrown.

The perceptible increase of power, as measured by the steadily increasing capacity for lifting weights, gives a confidence and sure encouragement to the patient, the value of which can hardly be over-estimated. In *no other* treatment or physical exercise can we *measure* this power, and determine its augmentation from week to week. This is not merely a test of muscular power, but of *vital soundness*, or health. Encouraged by increasing strength, and corresponding gradual decrease of unfavorable symptoms, the patient perseveres in obeying the laws of health, which is the essential condition to the complete eradication of disease.

The *equalizing* influence of the lifting exercise upon the *nervous forces* is none the less positive and beneficial than upon the circulation of the blood. In cases of nervous debility it seems to produce the effect of a tonic, with no subsequent reaction or prostration.

The renewed energy given to mind as well as body, aids greatly in overcoming pernicious habits. Many of our patients, under this influence, have discarded tobacco and stimulants, without material discomfort or inconvenience, and it is needless to say, with great benefit to mental and physical health.

In instances of over-nervous excitement, to which American people are peculiarly liable, the effect of this treatment is always sedative and quieting, and constantly invigorating. Many marked cases of improvement come under this head. In cases of chronic and acute neuralgia the Lifting Cure has effected some noticeable cures. One case in Boston, of ten years' standing, which had resulted in a partial paralysis of the lower limbs, yielded to this treatment, when the patient had been under the care of some of the most noted physicians in Europe and America, without obtaining any relief.

SIXTHLY—PHYSICAL CHANGES RESULTING FROM THE LIFTING EXERCISE.

From records of the weight, height, chest and waist measurement, and physical condition of each subscriber, taken at the time of commencing the exercise, and compared at intervals during its continuance, which comparisons have now been made in more than one thousand cases, we are enabled to ascertain the general influence of the exercise upon the form and proportions of the body. It has thus been demonstrated that the tendency of the Lifting Cure is to produce a *symmetrical development* of the human body, reducing the proportions when they exceed a normal standard, and increasing them when deficient. Thus we find that men below the height of five feet six inches, of whatever age, almost always increase slightly in stature under continued practice of the exercise, while those exceeding five feet ten or eleven inches in height correspondingly diminish under the same process.

So, also, when the waist measurement exceeds the chest, as in corpulency, this measurement is always reduced and the proportions changed even when there is no reduction in the weight of the patient. On the contrary, in one or two rare cases of abnormal chest development, resulting from special gymnastic exercises, the consequence of this treatment has been to reduce the chest and enlarge the deficient waist.

Nine-tenths of all ordinary individuals will be found, from habit or nature, to be stronger on the right side of the body, arms, and legs, than upon the left, unless this tendency is modified by some organic weakness or disease affecting chiefly the right side. But the Lifting Exercise tends always to equalize this uneven development of the sides, and to render one as powerful and enduring as the other. In my own case I find, after four years' systematic practice of the Lifting Cure, very little difference in the strength of the sides, and have many times unconsciously used the left hand in operations where four years ago it would have been comparatively useless.

Very thin and spare people will always increase in weight under persistent practice of the Lifting Exercise, though the effect is not unusually the opposite of this during the first few weeks, until morbid matters are eradicated from the system. Fleshy people, on the contrary, are reduced in weight.

The muscular development resulting from long practice of this exercise is slight, is always the most marked where the deficiency on commencing is most noticeable, and is even and harmonious throughout the body. Physicians and surgeons, accustomed to note such conditions, have frequently remarked this symmetry of development before suspecting its cause.

The power developed by the practice of the Lifting Cure is always astonishing, accompanied as it is by so slight an increase of muscular size, thus demonstrating that it is quality rather

than quantity of muscle, based upon sound and healthy vital conditions, that gives permanent and enduring strength.

To the growing child and youth who desires symmetry and firmness without the unwieldy clumsiness of abnormal muscular development, to the man or woman who would preserve or restore the form which nature intends to bestow upon a human being, to those of an advanced age who would arrest decay and prolong life, with the full use of every faculty, our system of physical training offers equally the most certain and effective method of securing these ends.

As illustrations of the foregoing principles, I select from our records the following cases:

1st. Mr. A., of Boston, printer, very corpulent, weight, 170 pounds on commencing treatment, in six weeks reduced his waist measurement five and one-half inches, increased the chest three inches, with a *gain* of two pounds in weight.

2d. Mr. G., of Boston, height five feet two inches on commencing, very small and slight in weight, in three months' exercise increased his height fully half an inch, weight increased fourteen pounds, chest three inches, waist two inches. His health was wonderfully improved, as he will to-day attest, although this comparison was made some three years ago.

3d. Mr. P., insurance agent, Massachusetts, in six weeks reduced his weight from two hundred and twenty-five to two hundred pounds, and his waist measurement three inches, though an ardent practice of the national game of base-ball had previously failed to effect the desired change. Similar results followed the treatment of Mr. W., paper manufacturer, who, after three months' practice, purchased an apparatus for home use, so much was he gratified with the result.

4th. Mr. B., student, tall and slender, seventeen years old, nearly six feet in height, chest thirty inches. waist twenty-seven inches, in three months *reduced* his height three-quarters of an

inch, increased his chest measurement three inches, waist two inches, and weight four pounds, with decided increase of physical vigor and endurance.

5th. Mr. W., seventy-four years old, weight one hundred and five pounds, height five feet two inches, stooping shoulders, had suffered forty years from asthma, after one year's exercise, from straightening the form, increased half an inch in height, one inch in chest measurement, lifted five hundred and twenty pounds, and testifies that he felt better and younger than he had for fifteen years.

We copy the following memoranda from our New York records:

6th. Mr. H., of Ohio, weight two hundred and thirteen pounds on commencing, in three weeks reduced seven pounds, and waist measurement about two inches.

7th. Mr. F., fifty-six years old,

	Weight.	Height.	Chest.	Waist.
On commencing,	119 $\frac{3}{4}$	5ft. 2 $\frac{1}{8}$ in.	31in.	29 $\frac{1}{2}$ in.
End of three months,	123	5ft. 3in.	32 $\frac{1}{2}$ in.	31 $\frac{3}{4}$ in.

8th. Mr. R., in his seventieth year, stout and portly, in three months reduced his waist measurement three inches, with no change of weight.

9th. Mr. A. and Mr. S., well-known citizens of New York, commenced lifting about the same time, exercised three months with about the same gradation of weights. At the end of that time Mr. A., who was spare and thin, *increased* his height about half an inch, chest one inch, waist two inches, and weight six pounds, weighing at the end of the quarter more than ever before in his life, while Mr. S., of corpulent tendency, *reduced* his weight six pounds, and other measurements correspondingly. Thus we see, in different conditions of the system, diametri-

cally opposite results produced by the use of the *same* weights for about the same length of time.

These illustrations will suffice to show the general tendency of the Lifting Exercise to preserve and restore the natural proportions of the human body. It need only be added that this tendency to a natural and harmonious development of the body is uniformly accompanied by corresponding improvement in vital conditions, the essential basis of soundness and health.

SEVENTHLY—ITS CURATIVE EFFECTS.

Accepting our explanation of the effects of the treatment on the muscles, viscera, circulation and nervous system, the *modus operandi* of its curative influence will be readily conceived. Admitting its superiority as an *exercise*, it is unnecessary to urge farther its curative value, to intelligent physiologists and physicians. Galen wrote, long ago,—“If diseases take hold of the body, there is nothing so certain to drive them out as *diligent exercise*.”

Dr. Youmans, from whom I have quoted before, says: “If thus exercise be an essential condition of health, and the want of it a fruitful cause of disease, it is obvious that *only by the reëstablishment of the needed exercise* can health be regained.”

This principle has long been received by the medical profession. In submitting the Lifting Cure as the most available, systematic, safe and agreeable form of exercise, we are simply supplying a method whereby physicians can secure this most desirable aid. It will readily be comprehended that a system of treatment which thus acts directly on the centres of vitality, aiding the natural processes of digestion, excretion, circulation and nervous energy, freeing the system from impurities and giving tone and life to the weakened organism, must be most effective and *permanent* in its results. Its method of cure in organic diseases, is, through the stimulation and strengthening

of the natural processes, to *create new organs*, uncontaminated by disease, unpoisoned by effete and decaying matters. Throughout the whole range of *chronic diseases*, we have met with unvarying success.

Where the difficulty is simply *weakness*, the Lifting Cure removes it by giving strength.

Where *deformity* exists, the Lifting Cure, by bringing the body into perfect position, under the stimulus given by properly graduated and increasing weights, tends always to remove it.

Where *displacement of organs* has resulted, from whatever cause, the Lifting Cure, by restoring them gradually to their natural position, and strengthening them, with their adjacent muscles, has proved most effectual as a cure.

Where *congestion*, or *unequal and torpid circulation* deranges the system, the Lifting Cure, by its harmonious and powerful influence, cannot fail to promote equalization and healthy action.

Where *pain* exists, resulting from congestion or unequal nervous action, the Lifting Cure, by equalization, quickly removes the difficulty.

Where there is *nervous debility*, from over-mental action or excess, the Lifting Cure, by presenting proper physical exercise, quiets, and restores the true equilibrium between body and mind.

Where *digestion is impaired*, or constipation exists, the powerful and beneficial action of graduated lifting speedily produces relief.

In *diseases peculiar to women*, the Lifting Cure, by furnishing proper physical and mental stimulus, has proved most efficient as a method of cure.

In *consumption* and lung diseases, the Lifting Cure, by its influence on the circulation and nutrition, and the powerful

and healthful action of the lungs which it induces, furnishes a most potent aid both in prevention and cure.

From all *humors*, the Lifting Cure, by its influence on the circulation, purifies the body.

In many *acute diseases*, if applied in season, the Lifting Cure furnishes immediate relief.

As a *preventive* of disease, the Lifting Cure furnishes the simplest, most effective and most available means.

In short, by presenting an agreeable form of exercise, capable of so gentle application that the most delicate invalid can safely attempt it, and, on the other hand, becoming the most powerful agent known, for physical culture and development, it is available to *all who need bodily exercise*—and who does not need it?

It works in harmony with all Hygienic agencies.

It invites the attention of all who seek restoration to health or an increase of physical vigor.

We especially and respectfully ask the investigation and favorable consideration of the Medical Profession, aiming to supply a need, and furnish an efficient aid to them in their labors for the alleviation of suffering humanity.

To physicians, and all interested to inquire, we will be pleased to give verbal statements of the effects of the treatment in individual cases, covering a wide range of diseases, which, for obvious reasons, we do not insert here.

All desiring information, are respectfully solicited to call at our rooms, where every facility for investigation will be furnished.

Better than any theory or explanation, is the sure test of practical experience. To this we invite all who would know more of the Lifting Cure.

APPENDIX.

The Unbought Opinions of the Press, the Profession, and the People

THE PRESS.

The New York World, Editorial, June 27, 1869.

"The Lifting Cure is somewhat analogous to this (the Movement Cure), although, instead of the manipulatory process being indulged, whereby the organs are stimulated by artificial or external action, this latter process (the Lifting Cure) more naturally and scientifically endeavors to strengthen the members of the body *by their own action*. Moreover, instead of the separate benefit, as of an arm or a leg, which the Movement mode secures, the design of the Lifting Cure is to compel a uniform exertion, and consequently obtain a uniform development of all the muscles and joints and seats of power in the body at the same time. To do this, it is of course necessary simultaneously to call on all these muscles, and any apparatus which secures this, is palpably superior to all gymnastic or other physical appliances which bring out only one or a few at a time. The nearest approach to a uniform development which has been obtained until recently, has been produced by the severe and generally impracticable regimen and exercise of the prize-fighter. Existing gymnasiums, we know, give a man strong arms, or strong legs, or hard feet, or active motion,

and also improve his wind ; but aside from these several, not simultaneous developments, they involve too much time, and tend too much towards sensational athleticism to be available for the thousands of the weak and over-worked.

"The Lifting Cure, which seems to secure the uniformity of development specified, has been contrived and established by Dr. D. P. Butler, of Boston, a physician in accord with the regular school, and numerouslly endorsed by them. His office and apparatus are at 830 Broadway, in this city, and the latter, *by palpable evidence and trial, certainly secures a harmonious and uniform development of the human body* in all its points, a desideratum which the most advanced of all the branches of practitioners have sought, and the absence of which, hitherto, has given a long labor to secure."

HORACE GREELEY ON "THE LIFTING CURE."

The New York Tribune, Editorial, Nov. 12, 1868.

"Weights and lifting apparatus are so adjusted as to bring an equal strain on every muscle of the human frame. * * * We have no skill in medication, but *thousands of our sedentary workers with brain and quill might try 'THE LIFTING CURE' with lasting profit.*"

The Evening Mail, Editorial (Maj. J. M. Bundy),
July 22, 1869.

"A GRAND EXERCISE FOR BRAIN-WORKERS.—Last Spring we were conversing with one of the ablest and hardest-working clergymen of this city, and asked him how it was that with all the wear and tear of his daily labors, he looked so much better and brighter than he did a few months before. He replied :

'The Lifting Cure has done it.' That was direct but hardly intelligible, so we asked what this mysterious cure was. The answer was to the effect that it was originally suggested by the success of Dr. Windship, in renovating broken-down constitutions by the lifting of heavy weights.

"Windship's system, however, merely afforded the suggestion. Dr. Butler, of Boston, acting on the theory that the true way to prevent or cure disease was by an exercise strengthening the whole body, developed an admirable method of lifting, in which novel and ingenious machinery enabled him to equalize the strain on all the muscles and to overcome the resistance of the weights gradually. It was this system which our friend had tried with such signal success. He began by lifting comparatively light weights, and kept on, with slight daily increase, until he raised five hundred and fifty pounds with no serious strain. This exercise, which only occupied him half an hour daily, enabled him to perform an amount of work daily which otherwise he would have sunk under.

"We learned that this was the experience of several of our most prominent literary men, divines, lawyers, and business men, who had tried the same system. They all concurred in their testimony that by means of the ingenious mechanical contrivance of Dr. Butler they were enabled to take an exercise which was gentle, safe, and pleasant ; which sent the circulation from the head over the whole system ; which relieved nervousness, inability to sleep, and depression of spirits ; which inspired a new energy, expanded the lungs, increased the appetite, and reinforced all the energies of the system.

"A partial trial of this cure at the establishment at 830 Broadway, has added to the convictions inspired by this testimony."

Evening Mail, Editorial, July 23, 1869.

"Among those who have tried 'The Lifting Cure' with profit, at the establishment No. 830 Broadway, are Rev. Mr. Frothingham, Dr. Bellows, Prof. Botta, Col. Church of the *Army and Navy Journal*, and Mr. Croly of *The World*."

The Home Journal, Editorial (J. H. Elliot), Oct. 27, 1869.

A LIFT FOR HEALTH.

The necessity and efficacy of exercise, as a means for promoting the general health and curing many forms of disease, are admitted by all whose opinions have any value. But to bring an available, suitable, and attractive kind of exercise within the reach of those who need it, has been found a very difficult matter. In fact, until within a short time, it has not been done. It is not improbable that, hitherto, as much harm as good has been done by the various schools and systems of exercise, simply because the tendency in all of them is to overdo, or to follow their requirements under disadvantageous circumstances. Dr. LEWIS' system of light gymnastics is beautiful and complete, but it has no charm for an isolated individual. There must be classes and teachers; and we have seen the pupils of a young ladies' seminary, night after night, immediately following a hearty supper, go through the prescribed evolutions in a close, smoky, badly-ventilated hall, and in a manner and mood calculated to destroy utterly the benefit which should result from the exercise. The home use of dumb-bells, Indian clubs, etc., etc., is almost certain to become so irregular and spasmodic as to effect nothing but injury; and public gymnasiums are open to the same objection in a great degree. All these various means of promoting bodily health and vigor, together with walking, riding, boating, ball-playing, and other out-door amusements, are excellent in their time and place, and should not be disregarded.

But they do not seem to meet the requirements of that large portion of the community made up of business men of all classes, and women generally. These need an exercise which shall occupy but little time, and still effect all the beneficial results accorded to those already named. If we may trust to careful observation, close examination, and practical experience, this desideratum is found in the system of exercise known as Butler's Lifting Cure. Dr. GEORGE B. WINSHIP, of Boston, as is well known, raised himself from feeble health to a wonderfully strong physical condition by lifting weights, until he was enabled to raise a ton without injurious exertion. Dr. D. P. BUTLER, of Boston, another invalid, adopted this idea, and gradually, by a series of experiments, not only cured himself, but perfected an apparatus which is wonderfully well adapted to universal use, and which, as it becomes known, must, by virtue of its simplicity, practicability, and utility, supersede, in great measure, other forms of exercise. This apparatus we cannot undertake to describe, simple as it is, for its very simplicity is the result of a long series of complicated experiments. It is only necessary to say that it is so constructed as to enable one to get in half an hour, or less, even, an amount and quality of exercise sufficient for a day, and the beneficial results of which cannot be overestimated. More than this, there is no danger of injury resulting from over-exertion; the system is so perfect as to render that impossible. The lifting is so done as to exercise and strengthen every bone and muscle in the body, and, at the same time, all the vital organs come in for their share of the benefit. It is a stimulant without inebriation; a tonic without subsequent enervation; a medicine more potent than the most powerful drugs; a healer surer and more scientific than the best doctors. One of its crowning beauties is its adaptability to women, who, more than any other class, perhaps, need some form of agreeable and invigorating exercise. Many of the peculiar diseases and weak-

nesses to which the sex are liable give way in this system almost miraculously. In fact, its effects are so apparent, so radical, so indisputable, so marvelous in many cases, that we should do injustice to our knowledge and experience if we failed to recommend it in the strongest and most cordial terms. It only remains to add that there is a fine establishment fitted-up for this form of exercise at No. 830 Broadway, where its practical working may be seen and examined. The establishment is under the charge of Dr. LEWIS G. JANES, who personally supervises the exercise of each and all.

“There are separate apartments for gentlemen and ladies, liberally supplied with every needful comfort and convenience—the latter superintended by a competent lady instructress. Many have already availed themselves of the opportunity here afforded for preserving and regaining health, but there is room for many more; and how few there are among the thousands who preside over our homes, and engage in sedentary occupations, who do not need to make an immediate effort in this direction. It must not be forgotten that those who do not need systematic exercise form the rare exception—by no means the rule. To all then, we say, most emphatically, make at least an examination and a trial of Butler’s Lifting Cure.”

The Revolution, Editorial (Parker Pillsbury), April 15, 1869.

“Among the new schools of healing, the most novel is ‘The Lifting Cure.’ * * * Dr. Butler is its originator, and he deduced it in the most natural and logical manner from the laws of human nature itself. * * * Pushing his investigations into the cause and nature of disease, he has developed a curative system as natural as novel, and which has already challenged the attention and compelled the respect of many of the most eminent medical men of the country. * * * Every bodily and mental faculty is strengthened, as every body knows,

by exercise or use. A systematized, scientific application of this principle to every faculty, bodily, mental, and spiritual, is what is proposed ; and this is the only mystery of The Lifting Cure.

“ Dr. Janes is a disciple of Dr. Butler. His elegant rooms, at No. 830 Broadway, are now daily the resort of many of the wealthy and fashionable, lawyers, ministers, medical men, as well as diseased persons, both men and women, of New York.”

The Army and Navy Journal, Editorial (Col. W. C. Church),
May 29, 1869.

“ * * Take such admirable institutions as Butler’s Lifting Cure, or, as he well styles it, ‘Health-exercise’—what an immeasurable benefit such an institution is to the people of any city. It is a scientific system of strength and health culture, developing the body symmetrically ; and many a clerk, accustomed to be prostrated by over-work, and accordingly to have his digestive and circulative organs all wrong, and his round of business life a burden, has been able by this ‘Lifting Cure’ to do his routine work as vigorously as ever. All such systems of physical training, designed to overcome the inertia, the weakness and diseases incident to sedentary life and work, are to be encouraged most heartily, as tending to give us a more vigorous race of Americans.”

The Orange (N. J.) Journal, Editorial, July 3, 1869.

“ We have spoken with great confidence concerning this new establishment in our midst, on account of the responsible citizens of Orange concerned in the movement. This apparatus was brought to Orange some three months since, by certain well-known citizens who were interested in it solely for the benefit of themselves and families. Pleased with its effects, and influenced by the favorable testimony of friends who had

more thoroughly tested it, they have procured leave of the inventor, Dr. D. P. Butler, of Boston, to open a Lifting Cure establishment for the use of the public. This is not, therefore, a new and untried notion, brought before us by some unknown and irresponsible party who, by exciting undue hopes in the weak, expect to reap a pecuniary harvest ; but it is opened by responsible men in our midst, who have been for months trying its character, and who do not look upon it as a source of income. We therefore confidently recommend this establishment to the favorable consideration of all who desire to test the claims of The Butler Lifting Cure and Health-Exercise."

The Radical, Boston, Reviews and Notices, June, 1869.

"It has been the faithful and persistent endeavor of many an invalid to live in obedience to nature's laws. They bathe in pure water, breathe pure air, bask in sunshine, and reduce the diet to an ideal simplicity. And in many cases great is the reward. The hapless body takes heart again under this kindly usage ; and the slow, carefully guarded invalid life is peacefully prolonged. But it is invalid life after all. How frequent is the confession, 'I am very comfortable while I go along just so ; but if I take one step out of the routine, I suffer for it,' till we come to believe that to make life comfortable was the best thing attainable for those once afflicted with any chronic ailment. But it would seem that, under this new system, the dream of many a life-long sufferer is coming true. The disappointing mirage takes substance and reality. There is, for a large majority of invalids, a fair chance yet for renewed life, vigorous and joyful. Under this new system, the law of exercise, instead of being, as heretofore, slurred over as a subordinate point, takes its proper place as a fundamental law of the human organism. How to obey this primal law is the

hitherto baffling problem which Dr. Butler seems to have solved successfully. Not overgrown muscle, not partial but perfect development of the whole body is the object. This is secured by careful and scientific training, with the aid of machinery. The theory is simple and natural, harmonizing with all that is healthy and progressive in the thought of the present day, and, so far as we know, the facts amply sustain the theory."

Boston Commonwealth, Editorial, Nov. 7, 1868.

"This system, with its beautiful and exact appliances, we recognize as one of the inspirations of the age. It should not be overlooked by those who desire to acquaint themselves with the 'latest thought' in the science of physical culture. We predict for it a sure and permanent success."

THE PROFESSION.

From DR. BUMSTEAD, *Professor in College of Physicians and Surgeons.*

"No. 22 WEST 30TH ST., NEW YORK,

"Dec. 3, 1869.

"I have derived *great benefit* to my own health from the daily practice of Butler's Lifting Exercise, under the directions of Mr. Lewis G. Janes, and have seen its good effects on others.

"Compared with other modes of exercise *it has a great advantage*, one that will be appreciated by every professional and business man—the *short time that it requires.*

"*In efficiency it is second to none.*

"It is the *unanimous testimony* of those who practise it, that its effect is *exhilarating* and never *exhausting.*

"As a means of *retaining*, and in certain chronic cases of disease of *regaining* health, *I regard it as* OF GREAT VALUE.

"F. J. BUMSTEAD, M.D."

From EDWARD BAYARD, M. D.

"NO. 6 WEST 14TH ST., NEW YORK,

"Nov. 19, 1868.

"GENTLEMEN :—I have examined and tried 'Butler's Lifting System of Physical Training' under your direction in this city, and it seems, to my mind, admirable in its results, and of the greatest benefit to those frames weakened and diseased by civic life and sedentary habits.

"As it is true that inertia causes weakness, and weakness predisposes to disease, it must follow that that must be a perfect system that brings every muscle of every part of the body from head to foot into gentle action. Your system does this in a peculiar manner; it exercises every part, but neither exhausts nor stiffens, but leaves the system strengthened, and with a sense of being refreshed.

"In female weaknesses it must be of the highest importance.

Yours truly,

"EDWARD BAYARD."

From L. T. WARNER, M. D.

"39 EAST 19TH ST., NEW YORK.

"I have had some experience with the 'Butler Lifting Cure,' and have no hesitation in recommending it to all who are in need of a simple, safe, and effective method of health-culture.

"L. T. WARNER, M.D."

From SAMUEL SWAN, M. D.

"13 W. 38TH ST., NEW YORK,

"Nov. 23, 1868.

"GENTLEMEN :—I have personally tested Butler's 'Lifting Cure,' that I might, if satisfied of its merits, prescribe it for

my patients ; and I am convinced of its great advantages as a system of exercise. I know of none so profound in its effects or so beneficial in its results. As it necessarily brings the body into its normal erect position, it tends to rectify any functional disturbance of the viscera caused by displacements or spinal affections.

“It brings into action every muscle of the body, promotes and equalizes the circulation, develops the vitality of the system, confers all the benefits of thorough, well-directed exercise, without fatigue, and leaves the patient with an agreeable sense of rest and refreshment, both of body and mind. It is free from the objections inherent in other systems, and I do not hesitate to recommend it to all persons requiring exercise.

“Very sincerely,

“SAMUEL SWAN, M. D.”

From DAVID THAYER, M. D., *President of the American Institute of Homœopathy.*

“58 BEACH STREET, BOSTON.

“I am happy to indorse your system of cure ; and I hereby give you full liberty to refer to me.

“Yours very truly,

“DAVID THAYER.”

From ISAAC TABOR, M. D.

“VALLEY FALLS, R. I., (late of WORCESTER.)

“DEAR SIR:— * * * The Philosophy of the Lifting Cure as given in your work is to my mind conclusive, and I can most cordially recommend your system to all who are suffering from unequal circulation of the blood and nerve power. You are at perfect liberty to make use of my name whenever

you can do so by introducing your truly valuable system of cure to the notice of suffering humanity.

“Yours truly,

“ISAAC TABOR.”

THE LIFTING CURE FOR DYSPEPSIA.

(From Dr. E. P. MILLER'S work on “Dyspepsia,” p. 80.)

“THE LIFTING CURE.—This is a system of exercises by means of lifting, the weights being graduated to the strength and condition of the patient; it is calculated to bring into harmonious action every bone, muscle, tendon, and tissue of the body. It should be used only by those who understand its effects and the condition of the patient to whom it is applied. When judiciously applied, it promotes healthy action, restores lost functions, increases the size and strength of the voluntary muscles, gives tone and strength to the involuntary muscles and ligaments which form and keep in place the heart, stomach, liver, and other internal organs, and restores these organs when displaced to a normal position.

“The contraction of so many muscles as are called in play by this exercise tends to regulate the force of the heart's action, to equalize the circulation, and warm the feet and hands, as well as the entire surface of the body. It forces out effete matter from the tissues, and makes all the excretions more free. By this means assimilation is more perfect, the body becomes better nourished, and the new tissues formed are of an improved quality.

“The Lifting Cure, when used in connection with bathing and other hygienic agents, is a valuable aid in the treatment of dyspepsia.”

From DR. JOHN TURNER.

"231 BROADWAY, NEW YORK,

"Oct. 3, 1870.

"DR. LEWIS G. JAMES,

"DEAR SIR:—Having made a thorough trial of your Lifting Cure exercise at the room 120 Broadway, I can fully recommend it as far superior to any and all exercise that I have any knowledge of, and for invalids, suffering from chronic diseases resulting from want of proper exercise, I consider it invaluable; certainly your book and circular do not claim any more than is fully warranted by the experience of your subscribers that I have met at your rooms.

"Two gentlemen suffering from paralysis of the motory nerves, now exercising, have been materially benefited after a few months' exercise. Several cases of chronic rheumatism, where deformities, the result of the disease, have occurred, are also improving under the exercise.

"The case of a lady who has been exercising for a year past at your rooms 830 Broadway is certainly remarkable. Miss — is now over seventy, had a severe accident some two years ago; she became a confirmed invalid, and so weak that when she commenced exercising a year ago she had not been able to dress herself without assistance for some months. She is now and has been for some months in very good health, goes out every day, and carries on a large business, and attributes it all to the efficacy of the Lift Cure. It is almost a miracle, she says. I have told her that she looks, feels, and acts as young as she was when I first knew her twenty-three years ago.

"For overworked brains, resulting so often in insanity, suicide, and premature decay of the mental faculties, I believe the Lifting Cure to be a most complete and effectual remedy and preventive.

"JOHN TURNER, M.D."

We refer also, by permission, to the following well-known physicians in this city and Brooklyn :

HENRY D. NOYES, M.D., Professor in Bellevue College, 65 Madison Avenue.

E. H. JANES, M.D., Member of Sanitary Board, 111 West 26th Street.

B. F. BOWERS, M. D., 23 East 20th Street.

H. B. MILLARD, M. D., 7 East 27th Street.

E. P. MILLER, M. D., 41 West 26th street.

M. L. HOLBROOK, M. D., 15 Laight Street.

HENRY C. HOUGHTON, M. D., 3 East 33d Street.

J. N. MERRILL, M.D., 145 East 16th Street.

Q. VAN HUMMELL, M.D., 36 West 35th Street.

C. L. MITCHELL, M.D., 77 Montague Street, Brooklyn.

W. H. THAYER, M.D., 31 Smith Street, Brooklyn.

R. C. MOFFAT, M.D., 10 Schermerhorn Street, Brooklyn.

THE PEOPLE.

From Rev. Father THOMAS S. PRESTON, of *St. Ann's*
(R. C.) Church, Chancellor of the Diocese of New York.

"ST. ANN'S CHURCH, 145 8TH STREET,

"NEW YORK, Sept. 9, 1869.

"MY DEAR SIR :

"Having tried The Lifting Cure, under your directions, for nearly a year, I can cheerfully add my testimony to the recommendations of many others in its favor. While it is most economical in point of time, it is an exercise most thorough in its effects, reaching every part of the human frame.

"With me it has been *a constant invigoration from the depression of mental fatigue*, and I have found my physical strength slowly but surely to increase under its influence.

"Yours very truly,

"THOMAS S. PRESTON."

From Rev. CHAUNCEY GILES.

"37 EAST 33D ST., NEW YORK,

"Sept. 15, 1869.

"Dr. LEWIS G. JANES,

"MY DEAR SIR :—From a thorough personal trial of *The Lifting Cure*, it gives me great pleasure to add my testimony to that of many others with whom I am acquainted, to its great excellence. So far as I know, it is the best method yet discovered, of equalizing the circulation, developing organic power, and giving tone and vigor to the whole body.

"It is peculiarly adapted to persons of delicate organization who have little occasion for physical exercise. It occupies but little time ; it refreshes and invigorates rather than exhausts, and under your careful direction, the most delicate woman can exert the full measure of her strength without any danger of straining the weakest organ. There are thousands of invalid men and women in our city, who would find relief from chronic pain and debility, whose physical powers would become invigorated and their lives prolonged by spending three hours a week under your direction in the exercises of The Lifting Cure.

"Hoping you may meet with the success which your system of cure, and prolonging life, deserves, I remain,

"Very sincerely yours,

"CHAUNCEY GILES."

NEW YORK REFERENCES.

We refer, by permission, to the following well-known citizens of New York, who have tested the Lifting Cure :

Hon. HORACE GREELEY.

Hon. HENRY G. STEBBINS, 50 Exchange Place.

Rev. CHAUNCEY GILES, 37 East 33d Street.

Rev. THOMAS S. PRESTON, 145 Eighth Street.

Rev. J. SCUDDER, D.D., Bible House.

Rev. J. A. KEOGH, 145 Eighth Street.

Rev. O. B. FROTHINGHAM, 50 West 36th Street.

Prof. GEO. F. COMFORT, 654 Broadway.

Prof. BOTTA, 25 West 37th Street.

Judge PHILO T. RUGGLES, 39 Wall Street.

F. J. BUMSTEAD, M.D., 22 West 30th Street.

EDWARD BAYARD, M.D., 6 West 14th Street.

L. T. WARNER, M.D., 39 East 19th Street.

- SAMUEL SWAN, M.D., 13 West 38th Street
E. P. MILLER, M.D., 41 West 26th street.
J. N. MERRILL, M.D., 145 East 16th Street.
HENRY D. NOYES, M.D., 65 Madison Avenue.
E. H. JANES, M.D., 111 West 26th Street.
H. B. MILLARD, M. D., 7 East 27th Street
B. F. BOWERS, M. D., 23 East 20th Street.
JOHN TURNER, M. D. 231 Broadway.
HENRY C. HOUGHTON, M. D., 3 East 33d Street.
M. L. HOLBROOK, M. D., 15 Laight Street, Editor of *The Herald of Health*.
Col. WM. C. CHURCH, Editor of *The Army and Navy Journal*.
Maj. J. M. BUNDY, Editor of *The Evening Mail*.
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PARKER PILLSBURY, *The Revolution*,
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W. H. THAYER, M.D., 31 Smith Street.
R. C. MOFFAT, M.D., 10 Schermerhorn Street.
REV. W. McDONALD.

BOSTON REFERENCES.

BOSTON, Sept. 18, 1868.

We, the undersigned, having personally tested the effects of Dr. D. P. Butler's Health-exercise, The Lifting Cure, and received much benefit from its application, do not hesitate to recommend it cordially to the public, it being in our judgment, as applied by him, the best form of exercise for business men, those of sedentary occupations, or invalids ; effective as a cure, and permanent in its results, combining economy of time with thoroughness and safety :


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